
Milton House Inn Bed and Breakfast

Stanley, Virginia



Milton House uses only local and organic produce when possible. The B&B uses organic fabrics such as bamboo robes and 100% cotton sheets. Only Organic repellent and natural plants to repel animals from the vegetable garden are used. Gardens, trees and shrubs continuously are added to attract and protect wildlife as well as the use of bird houses. Instead of making masses of pamphlets available to guests, notebooks with attractions, restaurants and activities are

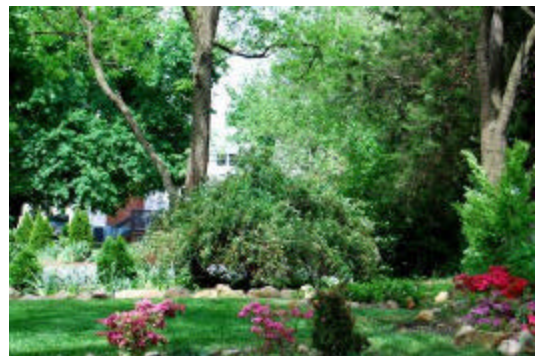
already prepared for each suite. In these notebooks, guests will also find day trips already planned and mapped out allowing guests to enjoy their adventure and save fuel by streamlining the driving route. Milton House assists guests by collecting their recyclables. We also use natural cleaners and energy Energy Star efficient appliances and light bulbs.

GREEN ACTIVITIES



Optional Linen Service. Virginia Green Lodging facilities must have some sort of system in place that allows guests to not have their sheets and towels changed every day. This facility pledges that they:

- Have signage in each guest room explaining the linen reuse procedures
- Change linens only upon request
- Train house cleaners on process for optional linen service
- Purchase water and energy efficient washers and dryers
- Use non-phosphate, non-toxic and biodegradable laundry detergents
- Minimize use of bleach and chlorinated chemicals
- Use a service that has environmentally-preferable "wet cleaning" for "dry-clean only" items
- Line dry linens whenever possible



Recycling and Waste Reduction. Virginia Green Lodging facilities must recycle and are highly encouraged to maintain a comprehensive recycling program. This facility pledges that they:

- Provide the opportunity for guests to recycle: glass bottles, plastic bottles, aluminum cans and newspaper
- Have recycling bins located:
- Also recycle toner cartridges, cardboard, batteries, electronic equipment
- Track overall solid waste costs

Guest rooms

- Use bulk soap dispensers instead of individual soaps/shampoos in guest rooms
- Instruct housekeeping to save and reuse unopened items

Kitchen (or meetings/events)

- Donate excess food from events
- Compost food waste and other compostables
- Have an effective food inventory control to minimize waste

Dining room (or meetings/events)

- Do not use any disposable containers, dishware, cutlery, or cups
- Use compostable food service items and direct this material to available composting operations in your area
- Use cloth napkins
- Use reusable coffee filters
- Provide condiments, cream and sugar, etc. in bulk
- Use water pitchers to minimize the use of single-use bottles

Restrooms

- Use bulk soap dispensers in public restrooms
- Purchase recycled-content paper towels and toilet paper

Office

- Remove facility and staff names from junk mail lists when possible
- Reuse scrap paper for notes
- Reuse or donate shipping and packing supplies (peanuts, bubble wrap, etc.)
- Use refillable pens and toner cartridges
- Purchase recycled paper with a high-percentage recycled content
- Make double-sided photocopies and avoid making extra photocopies
- Use electronic correspondence and forms when possible

Building and grounds

- Use green cleaning products that are dispensed in bulk
- Use latex low or no-VOC paints
- Properly recycle and/or dispose of thinners and solvents (required by law)
- Perform preventative maintenance on all appliances, HVAC systems, plumbing, and vehicles
- Minimize use of pesticides and herbicides in landscaping



Water Conservation. The facility must have a plan for conserving water that should consider plumbing modifications and landscaping. This facility pledges that they:

- Track overall water usage and wastewater
- Have established a numeric goal to reduce water consumption over time

Activities indoors

- Perform preventative maintenance to stop drips and leaks
- Have installed:
 - High efficiency dishwashers
 - Low flow faucets and showerheads (use less than 2.5 gallons per minute)
 - Low flow toilets (use 1.6 gallons per flush or less)

Activities outdoors

- Have an effective landscape management plan which utilizes native species and minimizes lawn areas
- Have an effective storm water management plan which includes rain gardens, pervious pavement, and minimization of impervious areas (paving, concrete, etc.)



Energy Conservation. The facility must have a plan in place that encourages replacement of lighting and equipment to energy-efficient alternatives. This facility pledges that they:

- Track overall energy bills

Heating and cooling

- Have installed ceiling fans
- Have installed ENERGY STAR-rated windows and doors
- Regularly perform preventative maintenance on HVAC system
- Have high efficiency heating & air conditioning (HVAC) systems
- Keep office doors and windows closed in HVAC system is on

Lighting

- Use natural lighting
- Use lighting sensors to turn on/off lights
- Have adopted a policy/practice to turn off lights in unoccupied rooms
- Have installed high efficiency fluorescent ballasts and lamps (T5s and T8s)

Appliances and electronic devices

- Use ENERGY STAR qualified appliances (commercial kitchens, heating and cooling, consumer electronics)
- Have adopted a policy / practice to turn off fans, computers, monitors and other device in unoccupied rooms at the end of the workday or when otherwise not being used

Building Construction and Renovation

- Earned the ENERGY STAR label for our building

For more information on Milton House Inn Bed and Breakfast, see www.miltonhouseinn.com or contact Anita Holley at miltonhouseii@yahoo.com or 540-778-2495.

Virginia Green is the Commonwealth of Virginia's campaign to promote environmentally-friendly practices in all aspects of Virginia's tourism industry. *Virginia Green* is supported through a partnership between the Virginia Department of Environmental Quality, the Virginia Hospitality & Travel Association, and the Virginia Tourism Corporation. The program has established "core activities" specific to each sector of tourism; these practices are the minimum requirements for participation in the program, but encourages participants to reduce their environmental impacts in all aspects of their operations.

For more information on **Virginia Green** program, see www.deq.virginia.gov/p2/virginiagreen or www.virginiagreentravel.org.

